

City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."
<http://www.sandiego.gov/park-and-recreation/centers/carmelvalley.shtml>

***Carmel Valley Community
Park & Recreation Center***

3777 Townsgate Drive
San Diego, CA 92130

www.cvsd.com

Open Tennis Court Schedule
Recreation Council Information

Recreation Center Office:

(858) 552-1616

Carmel Valley Pool:

(858) 552-1623

Carmel Valley Tennis:

(858) 504-4181

FALL 2006 PROGRAM



CLASS REGISTRATION BEGINS SEPTEMBER 9, 2006

See inside front cover for complete details.

REGISTRATION INFORMATION

Registration for our programs is taken on a first come, first serve, walk-in basis. No phone or mail in registration accepted. **Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!**

**REGISTRATION BEGINS:
SATURDAY, SEPTEMBER 9, 2006 at 9:00AM**
(Except for Youth Sports Leagues, Special Events & Senior Fitness)

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. **All participants must meet age requirements.**

PAYMENT POLICY:

- Payment is required at the time of registration.
- Please pay with **EXACT cash or a check** payable to CVRC.
- No credit cards.
- A **\$35 fee** will be charged for all returned checks.
- Financial assistance is available. Please submit the application to Recreation Center office **one week prior to the start of registration.**
- Class fees are not prorated/discounted after the beginning of the scheduled session.

Resident - Resides in the City of San Diego, property taxes are paid to the City of San Diego

Non-Resident - Resides outside the City of San Diego (Solana Beach, Del Mar, Rancho Santa Fe, Cardiff, etc.)

REFUND POLICY:

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

A **\$20 service fee** will be charged **per registrant for each refund request.**

A CVRC Refund Request Form (available at the Recreation Center) and your yellow registration receipt must be submitted **prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. **A CVRC Refund Request Form** (available at the Recreation Center) **must be submitted prior to the second class meeting.** Refund or credit will be determined on a case by case basis by the Center Director.

INDIVIDUALS WITH DISABILITIES:

Most classes can accommodate persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please ask for this service at the time of registration.

RECREATION COUNCIL

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. Meeting notice/information is posted on the Recreation Center bulletin board.

CARMEL VALLEY RECREATION CENTER

HOURS OF OPERATION

Hours Effective: September - December 2006

Monday - Thursday	12:00pm - 7:45pm
Saturday	9:00am - 1:30pm
Sunday	Closed

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURES

Friday, November 10, 2006 - Veteran's Day
Thursday, November 28, 2006 - Thanksgiving Day
Monday, December 25, 2006 - Christmas Day

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public, during designated hours. Facilities and programs available:

- Indoor multipurpose courts
- Game room with Foosball & Table Tennis
- Passive picnic areas with barbecues
- Outdoor basketball courts
- Horseshoe pits & Outdoor Fitness Stations
- Tennis courts
- Amphitheater
- Two Playgrounds
- Multipurpose fields

CARMEL VALLEY NEIGHBORHOOD PARKS

NEIGHBORHOOD PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Sage Canyon Park	5252 Harvest Run Drive
Solana Highlands Park	3520 Longrun Drive
Torrey Hills Park	4262 Calle Mejillones

PARK USE INFORMATION

For park use permits and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events, please contact:
Carmel Valley Recreation Center at (858) 552-1616.

CARMEL VALLEY TENNIS

DIRECT LINE: (858) 504-4181

The Carmel Valley tennis courts are operated under a separate administration. Please call the Pro Shop for hours of operation, fees, and lessons information.

CARMEL VALLEY SWIMMING POOL

DIRECT LINE: (858) 552-1623

The Carmel Valley pool is operated under a separate administration. Please call the Pool Office for hours of operation, fees, and lessons information.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
(858) 259-1450

DMCV Sharks Soccer
(858) 794-8404

Carmel Valley Manchester Soccer
(858) 259-4170

North Shore Girls Softball
(858) 643-9790

Del Mar Little League
(858) 755-3601

Solana Beach Little League
(858) 824-6696

Del Mar Powerhouse Baseball
(858) 793-7660

Torrey Pines Pop Warner
(858) 632-4154

YOUTH ACTIVITIES

MUSIC KIDS

Music Kids for Babies: 3 months - walkers

NEW!

Explore natural ways to encourage brain development, coordination, balance and language through musical play. Parents and babies bond while singing, dancing, playing musical toys and learning lullabies. Also enjoy baby massage and basic sign language.

Day/Time: ☐ Thursday ☐ 9:30 - 10:10am

Music Kids for Tots: walkers - 2 years

Music Kids encourages development of the whole child through music. Parents and children experience the sounds and rhythms of music through songs, rhymes creative movement, dance and instrument play.

Day/Time: ☐ Thursday ☐ 10:30 - 11:15
☐ ☐
☐ ☐ Friday ☐ ☐ 9:30 - 10:15am
☐ ☐ ☐ ☐ 10:30 - 11:15am



Music Kids for the Young Child: 2 - 5 years

Music Kids for the young child focuses on developing early musicianship by introducing children to the basic musical concepts: learning to sing and listen, creating music with rhythm instruments, melody and rhythm, expressive movement and notation recognition.

Day/Time: ☐ Friday ☐ 11:30 - 12:15am

Cost: ☐ \$120/8 weeks or \$145 for Non-residents
Instructor: ☐ Sophi Albert
☐ (B.A. Music Education and Music Therapy)
SESSION: ☐ THURSDAY 9/21 - 11/9/06
☐ ☐ FRIDAY ☐ 9/22 - 11/17 NO CLASS 11/10/06

For more information contact Sophi at (949) 429-5702.

DANCE 2GETHER

Fun! Fun! Fun! Parents and toddlers will experience dance together. Your little one will be introduced to ballet and creative dance. Wear comfortable athletic attire.



Day: ☐ ☐ Monday
Age: ☐ ☐ 24 - 36 months ☐
Time: ☐ ☐ 11:30am - 12:05pm
Cost: ☐ ☐ \$105/10 weeks or \$130 for Non-residents
Instructor: ☐ Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: ☐ 9/18 - 11/27/06 NO CLASS 11/20/06

For more information contact Beth at (858) 755-5007.

BALLET

Iddy-Bitty Ballet: 3 - 4 years

Creative dance and an introduction to ballet with an emphasis on fun, posture, balance, rhythm, and imagination.

Day/Time: ☐ Monday or Tuesday ☐ 1:00 - 1:45pm



Ballet I: 5 - 10 years

An introduction to the basic ballet positions and steps along with creative movement. Develop musical awareness and motor skills.

Day/Time: ☐ Monday ☐ 3:15 - 4:15pm
☐ ☐ Tuesday ☐ 3:15 - 4:15pm (8 - 10 years only)
Cost: ☐ ☐ \$120/10 weeks or \$145 for Non-residents
Instructor: ☐ Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: ☐ MONDAY 9/18 - 11/27/06 NO CLASS 11/20/06
☐ ☐ TUESDAY 9/19 - 11/28/06 NO CLASS 11/21/06

For more information contact Beth at (858) 755-5007.

DRAMA KIDS

This internationally acclaimed program teaches kids ages 5 - 12 how to be successful on stage as well as in life. Weekly classes include voice training, stage movement, improvisation and partner work. Students perform a different play every week. Each session concludes with a fun and entertaining performance for family and friends!

NEW!



Day: ☐ ☐ Thursday
Time: ☐ ☐ 4:00 - 5:00pm ☐ (5 - 8 years)
☐ ☐ 5:00 - 6:00pm ☐ (9 - 12 years)
Cost: ☐ ☐ \$130/10 weeks or \$155 for Non-residents
Instructor: ☐ Drama Kids International
SESSION 1: ☐ 9/21 - 11/30/06 NO CLASS 11/23/06

For more information contact Drama Kids at (858) 274-5772.

LEAPING LIZARDS

Get geared up for school! Come and enjoy this creative class for children 3 to 5 years old. We will experience enriching activities like arts and crafts, songs, stories and outdoor games. Children will be presented with pre-school material like number and letter recognition. Each class has a fun theme. Come make friends and have a ball! Participants must be potty trained. Please bring a snack daily. Child/instructor ratio is 8:1. Chose two or three days per week!

Day: ☐ ☐ Monday and Wednesday
☐ ☐ Monday, Wednesday, Friday
☐ ☐ No make ups for missed classes and
☐ ☐ no schedule substitutions are allowed.
☐ ☐ Thank you!
Age: ☐ ☐ 3 - 5 years
Times: ☐ ☐ 9:00am - 12:00pm
Cost: ☐ ☐ M & W: \$150/5 weeks or \$180 for Non-residents
☐ ☐ M,W,F: \$225/5 weeks or \$265 for Non-residents
Instructor: ☐ Courtney Roberts
SESSION 1: ☐ 9/11 - 10/13/06
SESSION 2: ☐ 10/16 - 11/17/06 NO CLASS 11/10/06



For more information contact Courtney at (858) 536-8684.

FAMILY SELF DEFENSE & SAFETY

Kajukenbo Karate/ Wushu Kung Fu

Get the Martial Arts Advantage! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and coordination. Adults & children train together in a positive family environment.

Day: ☐ ☐ Saturday
Time: ☐ ☐ 10:00 - 11:30am
Ages: ☐ ☐ 5 and up - All skill levels are welcome
Cost: ☐ ☐ \$80/5 weeks or \$92.50 for Non-residents
Instructor: ☐ Ronnie Isaguirre, 3rd Degree Black Belt
SESSION 1: ☐ 9/23 - 10/21/06
SESSION 2: ☐ 11/4 - 12/16/06 NO CLASS 11/11 & 11/25/06

For more information contact Ronnie at (858) 336-9191.

Email: Ronnie@kick411.com

Internet: www.kick411.com



PLAY BASKETBALL CLINIC

This fun basketball clinic teaches the fundamentals, techniques and skills of basketball. In addition, Coach Brooks uses his experience from playing competitive basketball to teach young athletes the benefits of goal setting, discipline, practice, commitment, encouragement, and teamwork.



Day: ☐ Thursday
 Time: ☐ 4:00 - 5:30pm
 Ages: ☐ 8 - 15 years
 Cost: ☐ \$120/8 weeks or \$145 for Non-residents
 Instructor: ☐ Brooks Barnhard
SESSION: ☐ 10/5 - 11/9/06

For more information contact Coach Brooks at 619-850-2209.

PEE WEE AND ME

A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 2 weeks of field hockey, 2 weeks of basketball, and 2 weeks of t-ball (in that order).

****PARENT PARTICIPATION IS REQUIRED****

Day/Time: ☐ Monday : ☐ 4:00 - 4:40pm
☐ Wednesday: ☐ 10:00 - 10:40am
☐ Saturday: ☐ 11:00 - 11:40am
 Age: ☐ 24 - 36 months
 Cost: ☐ \$110/8 weeks or \$130 for Non-residents
SESSION: ☐ Monday 9/18 - 11/6/06
☐ Wed. 9/20 - 11/8/06
☐ Saturday 9/23 - 11/18/06 NO CLASS 11/11/06



PEE WEE SPORTS

A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 2 weeks of field hockey, 2 weeks of basketball, and 2 weeks of t-ball (in that order). For the 3-6 years classes, participants will be divided up between age groups, 3-4 years and 5-6 years.

Cost: ☐ \$120/8 weeks or \$140 for Non-residents
SESSION: ☐ Monday 9/18 - 11/6/06
☐ Wed. 9/20 - 11/8/06
☐ Saturday 9/23 - 11/18/06 NO CLASS 11/11/06

Monday: ☐ 2:00 - 2:40pm (3-4 years)
☐ 3:00 - 3:40pm (5-6 years)
☐ 4:00 - 4:40pm (3-4 years)

Wednesday: ☐ 10:00 - 10:40am (3-4 years)
☐ 11:00 - 11:40am (3-4 years)
☐ 2:00 - 2:40pm (5-6 years)
☐ 3:00 - 3:40 pm (5-6 years)
☐ 4:00 - 4:40 pm (3-6 years)



Saturday: ☐ 9:00 - 9:40am (3-6 years)
☐ 10:00 - 10:40am (3-4 years)
☐ 11:00 - 11:40am (3-4 years)

In the event of rain, please call 858-344-2557 on the DAY OF class for class status. Classes will be made up at the end of the session.

For more information contact Mark at (858) 344-2557.
 Email: director@peepeesports.net
 Internet: www.peepeesports.net

JUNIOR SPORTS by MASTER SPORTS

A great time for all! Participants will play soccer, basketball, tee-ball, flag-football and track & field. Our coaching philosophy gives participants a solid foundation in each sport. We incorporate the rules in modified games that are age appropriate and lots of fun! Our coaches will capture the imagination while improving coordination and strength. Come and experience this fast growing program!

CLASS LOCATION: TORREY HILLS NEIGHBORHOOD PARK
4262 CALLE MEJILLONES

Day: ☐ Wednesday or Thursday
 Ages/Times: ☐ 3 - 4 years 10:00 - 10:50am
☐ 4 - 5 years 11:00 - 11:50am
☐ 5 - 7 years 1:00 - 2:00pm (WEDNESDAY ONLY)

Cost: ☐ \$110/8 weeks or \$130 for Non-residents
 Instructor: ☐ Master Sports coaches - Dan, Tedd and Paolo
SESSION: ☐ Wednesday 9/27 - 11/15/06
☐ Thursday 9/28 - 11/16/06



MASTER SPORTS BASKETBALL

Former Collegiate and European Pro Player Steve Smith will help you improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games.

Day: ☐ Wednesday
 Time/Age: ☐ 3:00 - 4:00pm Grades K - 2
☐ 4:00 - 5:00pm Grades 3 - 6
 Cost: ☐ \$110/8 weeks or \$130 for Non-residents
 Instructor: ☐ Master Sports coaches - Steve and Dan
SESSION: ☐ 10/04 - 11/29/06 NO CLASS 11/22/06



MASTER SPORTS VOLLEYBALL

This Volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class.

Day: ☐ Mondays
 Age: ☐ 10 - 14 years
 Time: ☐ 4:00 - 5:00pm Beginner/Intermediate
☐ 5:00 - 6:00pm Advanced
 Cost: ☐ \$110/8 weeks or \$130 for Non-residents
 Instructor: ☐ Master Sports
SESSION: ☐ 10/2 - 11/25/06 NO CLASS 11/20/06



For more information contact Master Sports at (858) 518-1315.
 Email: info@masteryoursports.com
 Internet: www.masteryoursports.com



Winter Youth
 Basketball League
www.afasports.com

GYM KIDS GYMNASTICS

Join the fun as we launch the Star Chart Reward System! Children walking to 5 years old experience enhancement of: fine motor development, hand/eye/foot coordination and crossing the midline. Comprehension and vocabulary are taught through spatial awareness and gymnastics technology.

Children ages 5-11 years learn technically correct gymnastics skills on the Olympic events: vault, bars, balance beam, floor exercises and trampoline. Our noncompetitive focus is on learning as we promote the feeling of "I can do it" in each child.

COST: \$150/10 weeks or \$175 for Non-residents

SESSION: **Monday 10/2 - 12/11/06 NO CLASS 11/20/06**
Tuesday 10/3 - 12/12/06 NO CLASS 11/21/06

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

Gym Kids Family Classes: walkers - 5 years

Children under the age of 3 must be accompanied by parent or guardian. This class is designed for families with both toddler and pre-school aged children. Siblings are placed into age appropriate groups.

Monday 9:30am - 10:15am

Tumble Toddlers: 18 - 36 months

Monday 10:15 - 11:00am
5:00 - 5:45pm



Tumble Toddlers: 18 - 36 months

Tuesday 9:30am - 10:15am (18 - 24 months)
10:15am - 11am (24 - 36 months)

Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am	Tuesday	11:15 - 12:00pm
	11:15 - 12:00pm		12:15 - 1:00pm
	3:00 - 3:45pm		1:15 - 2:00pm
	4:00 - 4:45pm		3:00 - 3:45pm
	5:45 - 6:30pm		4:00 - 4:45pm
	6:30 - 7:15pm		5:00 - 5:45pm

Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm	Tuesday	3:00 - 4:00pm
	4:00 - 5:00pm		4:00 - 5:00pm
	5:50 - 6:50pm		4:45 - 5:45pm

Gym Jumpers: Boys Only 5 - 7 years

Tuesday 3:00 - 4:00pm

Gym Jammers: Girls 7 - 11 years

Monday	5:50 - 6:50pm	Tuesday	3:45 - 4:45pm
			4:45 - 5:45pm

Gym Jammers: Boys Only 7 - 11 years

Tuesday 6:50 - 7:50pm

Jr. High Tumbling & Trampoline: 6th - 8th Grade

Monday 6:50 - 7:50pm

HOT SHOTS

- You must receive prior permission from instructor to be eligible.
- Instructor permission does not reserve eligible participants a space.

Jr. Hot Shots: 5 - 7 years Monday 3:00 - 4:00pm

Hot Shots: 8 - 11 years Monday 5:30 - 7:00pm

COST: \$180/10 weeks or \$200 for Non-residents

SESSION: 10/2 - 12/11/06 NO CLASS 11/20/06

For more information contact Gym Kids at (858) 487-7799.

Email: info@gymkidsfun.com

Internet: www.rockntumble.com/gclass.htm

GYM KIDS ROCK 'N' CHEER

A great class for aspiring cheerleaders! Learn all the cheer and arm moves, chants, jumps and stunts plus the gymnastics skills necessary for cheerleaders. Taught by our qualified instructors, kids learn technically correct gymnastics and cheer in an upbeat environment.

Day: Monday
Time: 2:00 - 3:00pm
Age: 4 - 6 years
Cost: \$125/10 weeks or \$145 for Non-residents
SESSION: 10/2 - 12/11/06 NO CLASS 11/20/06



No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

For more information contact Gym Kids at (858) 487-7799.

Email: info@gymkidsfun.com

Internet: www.rockntumble.com/gclass.htm

TEEN ACTIVITIES

BELLY DANCING

BEGINNING

Come learn the ancient art of belly dance. A fun class for toning, strengthening and stretching the abs, hips and thighs. Enjoy beautiful Middle Eastern music and feminine movements.

Ages: 13 years - Adult
Day: Wednesday
Time: 6:45 - 7:45pm
Cost: \$120/10 weeks or \$145 for Non-residents
Instructor: Vicki Deriso, professional belly dancer who performs regularly.
SESSION: 9/27 - 12/6/06 NO CLASS 11/22/06

For more information contact Vicki at (858) 755-1432.

WOMEN'S SELF DEFENSE AND BODY CONDITIONING

Great mother/daughter activity! Learn a combined Self Defense, which includes Karate, Judo, Jujitsu, Kenpo, and Kung Fu. This program offers instruction in self-defense and body conditioning. Achieve a higher level of awareness, self-confidence, improve self-esteem, discipline, concentration and coordination. Women train in a safe, positive environment.

Mother/Daughter
Discount!

Ages: Female, 13 and up
Day: Thursday
Time: 6:00 - 7:00pm
Cost: \$110/8 weeks or \$130 for Non-residents
Mother/Daughter discount:
\$100/8 weeks or \$120 for Non-residents
Instructor: Michael Shaw, Certified Black Belt
SESSION: 9/21 - 11/9/06

For more information contact Michael Shaw at (858) 531-2508.

Email: Fistacuff2000@yahoo.com

Internet: www.kick411.com

TEENS MAY ALSO ENROLL IN ADULT ACTIVITIES

ADULT ACTIVITIES

WOMEN'S SELF DEFENSE & BODY CONDITIONING

Great mother/daughter activity! Learn a combined Self Defense, which includes Karate, Judo, Jujitsu, Kenpo, and Kung Fu. This program offers instruction in self-defense and body conditioning. Achieve a higher level of awareness, self-confidence, improve self-esteem, discipline, concentration and coordination. Women train in a safe, positive environment.

Ages: ☐ Female, 13 and up
Day: ☐ Thursday
Time ☐ 6:00 - 7:00pm
Cost: ☐ \$110/8 weeks or \$130 for Non-residents
☐ Mother/Daughter discount:
☐ \$100/8 weeks or \$120 for Non-residents
Instructor: Michael Shaw, Certified Black Belt
SESSION: 9/21 - 11/9/06

Mother/Daughter
Discount!

For more information contact Michael Shaw at (858) 531-2508.

Email: Fistacuff2000@yahoo.com

Internet: www.kick411.com

BELLY DANCING

BEGINNING

Come learn the ancient art of belly dance. A fun class for toning, strengthening and stretching the abs, hips and thighs. Enjoy beautiful Middle Eastern music and feminine movements.

Day: ☐ Wednesday
Time: 6:45 - 7:45pm
Cost: ☐ \$120/10 weeks or \$145 for Non-residents
SESSION: 9/27 - 12/6/06 NO CLASS 11/22/06

INTERMEDIATE

A fun class using basic belly dance/gypsy moves, new steps and adding "layering" of two or more movements together. Choreography, finger cymbals and veils will also be taught.

Day: ☐ Thursday
Time: 6:45 - 7:45pm
Cost: ☐ \$120/10 weeks or \$145 for Non-Residents
SESSION: 9/28 - 12/7/06 NO CLASS 11/23/06

For more information contact Vicki at (858) 755-1432.

HATHA YOGA

BEGINNING

Enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance, and inner harmony. Learn the foundation poses of yoga that will assist you in developing your own routine. Appropriate for all fitness levels.

Day: ☐ Tuesday
Time: ☐ 10:00am - 12:00pm
SESSION: 10/3 - 12/12/06 NO CLASS 11/20/06

INTERMEDIATE

Prerequisite: Beginning Hatha Yoga

A continuation of beginning yoga, deepening your experience of flexibility, strength, awareness, and joy. Additional breathing techniques and advanced poses added according to student's ability.

Day: ☐ Thursday
Time: ☐ 10:00am - 12:00pm
SESSION: 10/5 - 12/14/06 NO CLASS 11/23/06

Notes: ☐ Do not eat 2-4 hours before class.
☐ Bring your own blanket or towel.

Cost: ☐ \$150/10 weeks or \$175 for Non-Residents ☐
☐ Seniors age 65+ receive a 10% discount.
Instructor: Shelley Aanerud (Certified Ananda & RYT 500 hours)

For more information contact Shelley at (858) 587-0171.

MINDFUL HATHA YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality, and anxiety into peace. Poses and meditational aspects of yoga class are taught with a focus on mindful breath practice. Continuous development of body-mind awareness is emphasized in order to cultivate flexibility, strength and endurance. All levels of experience and continuing students are welcome.

Day: ☐ Tuesday
Time: ☐ 5:45 - 7:45pm
Cost: ☐ \$145/10 weeks or \$170 for Non-residents
☐ Seniors receive a 10% discount
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours ☐ ☐
☐ (Certified)
SESSION: 9/19 - 11/28/06 NO CLASS 11/20/06
Notes: ☐ Please bring your own yoga mat.
☐ Do not eat 2-4 hours before class.

For more information contact Donna at (858) 492-8562.

SENIOR ACTIVITIES

ACTIVE OLDER ADULTS

This fun and diverse class focuses on functional fitness. It involves core strength and balance, with maintenance and increase of flexibility. Please bring a mat. This class will meet OUTDOORS at the Recreation Center.

Days: ☐ ☐ Monday and Wednesday
Time: ☐ ☐ 8:30am - 10:00am
Session: ☐ 9/11 - 11/1 /06
Instructor: ☐ Nicki Geigert, San Dieguito Adult School

*To register, contact the San Dieguito Adult School at (760) 753-7073.

CARMEL VALLEY BRIDGE CLUB

Attention Seniors! Want to meet others who enjoy bridge? Intermediate Duplicate Bridge meets on the 2nd and 4th Friday of every month at 12:30pm. Come for some coffee and join the fun!

For more information contact Jan Foster (858) 793-1791 or Betty Lane at (858) 259-1543.

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

SOFTBALL LEAGUES: MEN'S & CO-ED



- Team sign ups only.
- Co-ed: Monday or Wednesday Nights at CVRC
- Co-ed: Monday through Thursday Nights at Torrey Hills Park
- Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- Team entry fees to be determined.

For more information contact League Director,
Pete McNamera, at (858) 453-6208.

VOLLEYBALL LEAGUES: MEN'S & WOMEN'S

- 4 Person Teams, Ages 18 and up
- Teams are welcome to sign up.
- Games are played on Thursday nights.



For more information email the league director at:
volleyball_cv@yahoo.com

CARMEL VALLEY TENNIS

FALL JUNIOR AFTERSCHOOL CLINICS

Beginners: ☐ Monday and Wednesday ☐ 3:30 - 5:00pm
Intermediate: ☐ Tuesday and Thursday ☐ 3:30 - 5:00pm
Advanced: ☐ Tuesday and Thursday ☐ 5:30 - 7:00pm

Clinic Session Dates:

Session 1: ☐ September 4 - 29, 2006
 Session 2: ☐ October 2 - 27, 2006
 Session 3: ☐ October 31 - December 1, 2006
☐ ☐ No clinics week of November 20-24, 2006
 Session 4: ☐ December 4 - 22, 2006*

Cost per Session: ☐ \$140

- ☐ ☐ (\$120 if paid 5 days prior to the start of clinic)
☐ ☐ *\$110
☐ ☐ (\$90 if paid 5 days prior to the start of clinic) ☐ ☐

THANKSGIVING WEEK DAY CAMPS

Camp Session Dates:

November 20, 21, 22 and 24, 2006

Time: ☐ ☐ 9:00am - 12:00pm
 Cost: ☐ ☐ \$28/day
 Sign Up Deadline: ☐ November 15, 2006



For more information contact Carmel Valley Tennis at
(858) 504-4181.

YOUTH SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTOR

YOUTH BASKETBALL LEAGUE

*A non-competitive, recreational
league for girls and boys*



Ages: Grades K - 10
 League Play: January 3 - February 28, 2007
 Registration Fee: \$105

Mail-In Registration Dates:

Download FORM online at www.afasports.com
 September 9 - November 11, 2006
*Mail-in registration not accepted after
November 11, 2006*

Walk-In Registration Dates:

At Carmel Valley Recreation Center
 Wednesday, November 8, 2006
 6:00 - 8:00pm
 or
 Saturday, November 11, 2006
 9:00am - 12:00pm



Dates & Times of Skills Assessments
 are posted online at www.afasports.com

- ◆ Games are held in the Recreation Center Gym.
- ◆ No team or practice day requests.
- ◆ No refunds after November 30, 2006.
- ◆ Volunteer coaches are needed!

To register for this league contact Dennis at (858) 587-4727.
 Internet: www.afasports.com

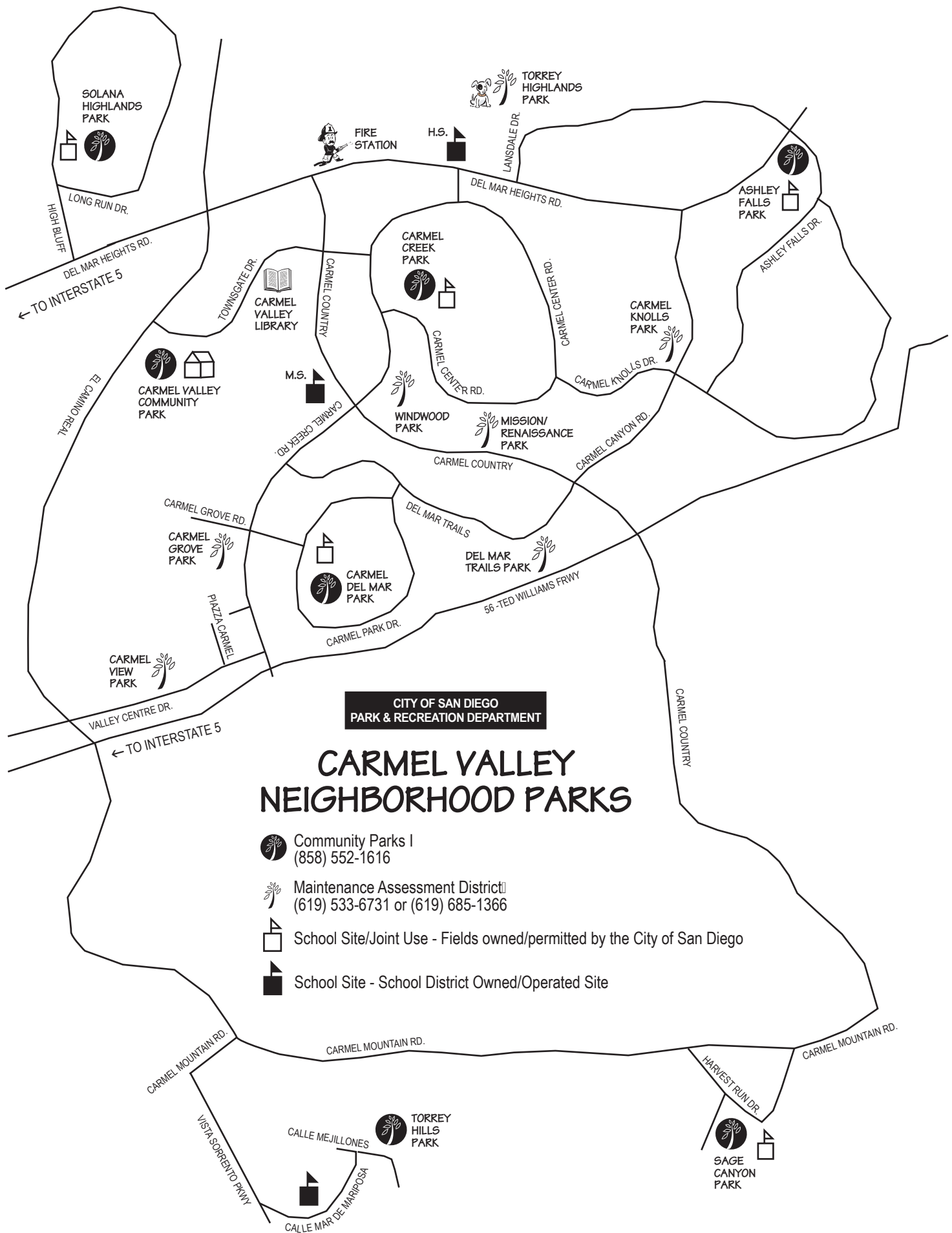
This business rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate this program. Distributing registration and program information is the responsibility of this business.
 Please contact them directly for all program inquiries.

WINTER SESSION INFORMATION

Brochure Available: ☐ Week of November 20, 2006
 Registration Begins: ☐ December 9, 2006
 Winter Session: ☐ ☐ January 8 - March 31, 2007

Please Note:
 Dates are subject to change without notice.





CITY OF SAN DIEGO
PARK & RECREATION DEPARTMENT

CARMEL VALLEY NEIGHBORHOOD PARKS

CARMEL VALLEY PARKS

For park use permits and inquiries regarding, but not limited to,
sports field use, picnic areas, party jumps and special events, please contact the appropriate office below.



Community Parks I - Recreation Center Office:
(858) 552-1616



Maintenance Assessment District (MAD):
(619) 533-6731 or (619) 685-1366

ASHLEY FALLS PARK - 13030 Ashley Falls Drive

12 Acres Parking Lot Restrooms Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	2 T-Ball Fields or 1 Small Multipurpose Field 2 Baseball/Softball Fields or 1 Soccer Field Hardcourt Area with Basketball Courts Playground (Jurassic Adventure Theme) Sand Volleyball Court
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CARMEL GROVE PARK - (619) 685-1366 Corner of Carmel Grove and Carmel Creek Road

3 Acres Picnic Area with BBQ's Benches and Bike Racks	Walking Path Playground Lawn Open Play Area
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CARMEL CREEK PARK - 4260 Carmel Center Road

12 Acres Parking Lot Restrooms Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	2 Baseball/Softball Fields or 1 Soccer Field 1 Small Multipurpose Field Hardcourt Area with Basketball Courts Playground (Nautical Theme) Sand Volleyball Court
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CARMEL KNOLLS PARK - (619) 533-6731 4850 Carmel Knolls Drive

5 Acres Parking Lot Picnic Area with BBQ's Benches and Bike Racks	Walking Path Playground Half Court Basketball 3 Hole Frisbee Golf Course Lawn Open Play Area
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CARMEL DEL MAR PARK - 12345 Carmel Park Drive

12 Acres Parking Lot Restrooms Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	1 Baseball/Softball Field or 1 Soccer Field 1 T-Ball Field Hardcourt Area with Basketball Courts and Ball Wall Playground Lawn Open Play Area
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CARMEL VIEW PARK - (619) 533-6731 Corner of Valley Centre Drive and Carmel View Road

1 Acre No Street Parking or Parking Lot Benches	Lawn Open Play Area No Party Jumps
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CARMEL VALLEY COMMUNITY PARK - 3777 Townsgate Drive

18 Acres Parking Lots 2 Multipurpose Rooms Outdoor Amphitheater Restrooms Drinking Fountains Vending Machines Kitchen Lawn Picnic Area with BBQ's Benches and Bike Racks	Gymnasium (Basketball, Volleyball and Badminton) Game Room (Table Tennis and Foosball) 2 Baseball/Softball Fields or 1 Soccer Field (Lighted) Playground (World Village Theme) Teen Play Structure 4 Tennis Courts (Lighted) Outdoor Basketball Courts (Lighted) Outdoor Fitness Area 2 Horseshoe Pits Recreation Classes, Camps and Special Events Swimming Pools
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Recreation Center Office: (858) 552-1616
Pool Office: (858) 552-1623
Tennis Office: (858) 504-4181

DEL MAR TRAILS PARK - (619) 533-6731 4500 Del Mar Trails Road

3 Acres Limited Street Parking Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	Walking Path Lawn Open Play Area Playground Half Court Basketball No Party Jumps
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SAGE CANYON PARK - 5252 Harvest Run Drive

12 Acres Parking Lot Restrooms Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	2 T-Ball Fields or 1 Small Multipurpose Field 2 Baseball/Softball Fields or 1 Soccer Field Hardcourt Area with Basketball Courts Playground (Castle Theme) Lawn Open Play Area
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MISSION/RENAISSANCE PARK - (619) 533-6731 Corner of Carmel Country and Carmel Mission Road

6 Acres Street Parking Drinking Fountain Benches	Walking Path Lawn Open Play Area No Party Jumps
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SOLANA HIGHLANDS PARK - 3520 Longrun Drive

12 Acres Parking Lots Drinking Fountain Lawn Picnic Area with BBQ's Benches and Bike Racks	2 Baseball/Softball Fields or 1 Soccer Field Hardcourt Area with Basketball Courts and Ball Wall Playground (Frontier Theme) Lawn Open Play Area
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TORREY HIGHLANDS PARK - (619) 685-1366 Corner of Del Mar Heights Road and Lansdale

7 Acres Parking Lot Restrooms Drinking Fountain Picnic Area with BBQ's Benches and Bike Racks	Walking Path Playground Lawn Open Play Area  Off Leash Dog Park Area
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TORREY HILLS PARK - 4262 Calle Mejillones

10 Acres Parking Lot Restrooms Drinking Fountain	Walking Path 2 Baseball/Softball Fields or 1 Soccer Field (Lighted) 1 Multipurpose Field Basketball Court Playground (Sand Play Structures Theme)
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WINDWOOD PARK - (619) 685-1366 Corner of Carmel Creek Road and Paseo Montanas

1.5 Acres Street Parking Drinking Fountain Picnic Area Benches and Bike Racks	Walking Path Playground
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